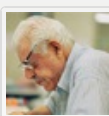


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Isoflavones in health



What are isoflavones?

Isoflavones are a type of phyto-estrogens found in soy and other plants. [Read more...](#)



Safety

Isoflavones have a very good safety profile. [Read the details.](#)



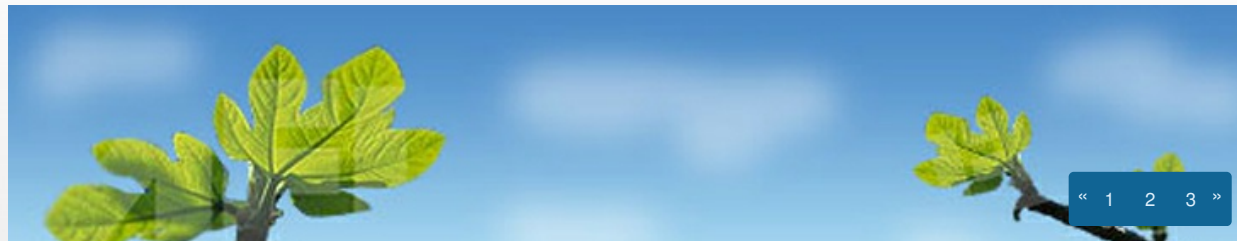
Clinical effects

Isoflavones may be beneficial in a range of health problems. [Read the details.](#)

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Welcome to the Isoflavone Research Initiative

Friday, 10 July 2009 01:39

Isoflavones are secondary plant metabolites typically found in the diet. They are held responsible for a multitude of beneficial effects on health. The effects have been examined in more than 10,000 studies. Isoflavone-containing plants are primarily soy and red clover, but also alfalfa contains these micronutrients, which have been compared with vitamins by some scientists.

The Isoflavone Research Initiative is exclusively focusing on this singular substance group, and presents the most recent findings related to the benefits, but also the safety of application of isoflavones.

What are isoflavones ?

Friday, 10 July 2009 03:56

Isoflavones are typical constituents of certain food plants from human nutrition and animal feeding, such as soy, red clover or alfalfa (lucerne). Their chemical structure resembles that of the flavones, typical constituents of many fruits and legumes - the syllable "iso" tells the chemist that a part of the molecule is differently attached.

The best-known isoflavones are genistein, daidzein and glycitein from soy and red clover, and biochanin A and formononetin from red clover. The latter are transformed to the former in the human gastrointestinal tract.

[Read more...](#)



Study data support phytotherapy as an alternative to HRT

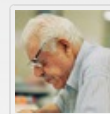
Monday, 27 December 2010 17:11

Recent publications do not only contribute to the question of efficacy and safety of application of isoflavones, but also to the choice of a safe and efficacious daily dose. These questions were the focus of a recent clinical perspective paper of Dr. Bernd Kleine-Gunk, member of the Isoflavone Research Initiative.

Dr. Kleine-Gunk concludes that - compared

CLINICAL USE

SAFETY INFO



Isoflavones may be beneficial for menopausal complaints, elevated serum lipids, osteoporosis, inflammatory conditions, cancer and prevention of cognitive decline.

[Read the details](#)

Latest News

Soy isoflavones safe with breast cancer

22.07.11

New Clinical Research 2009-2010

03.02.11

Latest Findings on Safety and Effects of Soy and Isoflavones

09.11.10

Current status of the isoflavone debate

10.02.10

Isoflavone Research Initiative



In this place the Isoflavone Research Initiative focusses on this singular group of plant

constituents, and presents the latest findings regarding benefits and safety of application of isoflavones.

with placebo - the efficacy of isoflavones against menopausal complaints is by now well-established with a daily intake above 50 mg. Similarly, safety at hormone-sensitive tissues can by now be accepted as given up to doses by far exceeding 100 mg per day.

Reference:

Bernd Kleine-Gunk: Neue Studiendaten stützen Phytotherapie als HRT-Alternative. gynäkologie + Geburtshilfe (12): 16-17 (2010)

The full text (in German) is available at www.gynundgeburtshilfe.de

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